

Women and food

Recommendations from Mountain View Public Library staff



Appetites: why women want

by Caroline Knapp

CALL NUMBER

362.1968

In this powerful recounting of her own struggle with alcohol and anorexia, Knapp also examines the relentless pressure of society on supposedly free women to buy more, diet more, get a new nose or more liposuction rather than to focus on what's real and important.

Climbing the mango tree

by Madhur Jaffrey

CALL NUMBER

641.5092

The food writer/actress paints a heart-warming portrait of her childhood surrounded by an extended loving family in India in the 1930's and 1940's. Her vivid memories of childhood are interspersed with treasured family recipes for the reader's enjoyment.

I'm not the new me

by Wendy McClure

CALL NUMBER

362.1963

McClure calls this her fat-girl story. Her memoir is based on her two websites, one detailing her weight loss and the other analyzing Weight Watchers recipe cards circa 1974. Her dead-on commentary on dating and just trying to get through life without getting fat again make for a funny yet painful tale.

Insatiable: Tales from a life of delicious excess

by Gael Greene

CALL NUMBER **641.092**

As Greene makes clear, excess wasn't just about food. Her position as restaurant critic for New York magazine opened many doors with side trips to the boudoir. Affairs with Burt Reynolds and Clint Eastwood pepper an exciting journey through the culinary and sexual revolutions in America in the Sixties.

My kitchen wars

by Betty Fussell

CALL NUMBER **641.3092**

Every chapter in her life corresponds to a different kitchen implement. Her journey from newlywed who couldn't cook spaghetti to faculty wife creating elaborate theme dinners to divorcee making her living with writing about food is well worth reading. Corrosive memories of her first marriage flavor her tale, but you come away with a clear view of the changes wrought by feminism and the new sexual freedom in America.

Passing for thin

by Frances Kuffell

CALL NUMBER

362.1963

Kuffell's smart and funny account makes it clear that losing half one's body weight doesn't result in instant happiness. But she does gain admittance to the Planet of Girls, the Planet of Women and the Planet of Men, all places formerly barred to her by her obesity.

Tender at the bone

by Ruth Reichl

CALL NUMBER **641.5092**

Reichl, currently the editor-in-chief of Gourmet Magazine, tells a wonderful story about life with a manic-depressive mother whose food ideas were not like other mothers. (Does "Queen of Mold" give you a hint?) Her early years in New York City, school in Ann Arbor and living in Berkeley make for very enjoyable reading; recipes to savor are included.

Tenth muse: my life in food

by Judith Jones

CALL NUMBER **641.59**

Living in Paris after World War II exposed Jones to French food, a far cry from the boiled salt cod and dreary vegetables of her New England childhood. The editor for many prominent authors (John Updike, Anne Tyler, Madhur Jaffrey and Julia Child among others) Jones is passionate about food and deeply regrets the decline of good American home cooking. She shares memories of the authors and recipes from her past as well.

What to eat

by Marion Nestle

CALL NUMBER **613.2**

Nutritionist Nestle covers not only what to eat but what to buy so that consumers can distinguish between marketing nonsense and healthy products. Her cogent prose covers nutritional analysis and touches on

obesity, food (organic and genetically modified) and the role of supplements in the diet.

When food is food and love is love

by Geneen Roth

CALL NUMBER **CD**

616.8526

Using the tools of visualization and mindfulness in an at-home setting, the listener can explore the reasons behind emotional eating and work towards a healthier approach to food in one's life.

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